

What's *Cooking*



September Calendar

Lunch 'n Learn Demonstrations

These noon-hour weekday classes include a light lunch, a demonstration lesson on how to make the dishes you are served, and the featured recipe sheets.

Pub Grub

After this Lunch 'n Learn you will be able to bring the pub back to your own kitchen! Our chef instructor will be showing you how to make delicious mini stuffed Yorkshire puddings, crispy beer battered fish and chips; and finish the day off with a scrumptious peanut butter pie.

Thursday, September 7; 12 – 1 p.m. \$25

Fall Harvest

Inspired by all the colours and flavours of fall, you'll witness the creation of a true harvest feast. Lunch will begin with a delicious squash and apple soup. Our chef instructor will then proceed to the main course of a perfectly braised pork with cranberry bruschetta. And to finish off your meal, a decadent crême brûlée.

Thursday, September 14 or Friday September 15; 12 – 1 p.m. \$25

Hearty Fall Soups

Keep warm as the weather starts to cool off this fall with three heart-warming soups. This Lunch 'n Learn will include a delicious sausage and lentil soup, celery root and potato soup with spiced pears, and lastly, a warming Thai curry squash soup; enough to keep you warm throughout the cold days to come!

Thursday, September 21; 12 – 1 p.m. \$25

Spanish

Today we'll show you the reasons why Spanish cuisine is known for its bold flavours and spices. We'll start by making a flavourful white fish and chorizo soup, followed by a delicious baked chicken sofrito. Finally, you'll be shown how to create a wonderful tortilla de patatas with caramelized onions.

Thursday, September 28 or Friday, September 29; 12 – 1 p.m. \$25

September Calendar

Evening and Weekend Classes

Depending on the class selected, the class will either be a demonstration only or a combination of demonstration and hands-on. Food & beverages are served at each class. Copies of the featured recipes will be distributed.

*  demonstration class  hands-on class

Hands-On: Perogies

Master the art of the famous double-carb dumpling! You will learn our secret recipe for perfectly tender perogy dough. Next, learn to fold the dough into pockets to ensure maximum filling without your perogies bursting at the seam. You'll discover how to make large batches to fill your freezer and be readily available at any time.

Saturday, September 9; 10 a.m. – 12 p.m. \$75

Hands-On: Clean & Lean

Didn't your parents tell you to eat your vegetables? Well, you'll actually enjoy eating them the way we cook them! Steam, boil, roast, and grill your food to get maximum flavour. Learn new and exciting recipes for legumes, lean proteins, and vegetables to construct a proper meal for the body.

Thursday, September 21; 6 p.m. – 8 p.m. \$75

Chef's Table: Fall Farm to Table

It's our chefs favourite time of year; harvest season! In this chef's table, you'll be sampling delicious seasonal vegetables and fruits. Some of the dishes will include grain fed beef, wild salmon, sweet apples, beets, and parsnips.

Saturday, September 23; 6:30 p.m. – 9 p.m. \$95

SCHOOL HOLIDAYS - KIDS CAMPS FOR AGES 9 to 12

Your Favourite School Snacks

Our team of chef instructors will be teaching campers how to prepare those school snack favourites to fuel them throughout the day. They will be preparing tasty mini pizza pockets, granola, muffins, refreshing smoothies, and more nutritious snacks!

Friday, September 22; 9 a.m. – 4 p.m. \$70

CORPORATE TEAM BUILDING / PRIVATE GROUP BOOKINGS / KIDS BIRTHDAY PARTIES

Contact us at (403) 245-7630 or visit our website for additional details.